

# Vegetarian Matzo Ball Soup

**Makes:** 6 Servings

## Ingredients

Ingredients for Matzo Balls:

**2** eggs, lightly beaten

**2 tablespoons** olive oil

**1/8 cup** vegetable broth

**1/2 cup** unsalted matzo meal

**1 tablespoon** fresh dill

**1/2 teaspoon** salt (optional)

Ingredients for Broth:

**6 cups** vegetable broth, low-sodium

**4** carrots (cut into 1/4 inch slices)

**2** onions, coarsely chopped

**1 1/2 cups** parsnips, sliced (medium)

**3 tablespoons** fresh dill

salt and pepper (to taste, optional)

## Directions

To Make Matzo Balls: 1. Stir together eggs, oil, and vegetable stock in a small bowl. Add matzo meal, dill, and salt. Stir until evenly combined. Cover and refrigerate 15 minutes to 8 hours.

2. Bring large pot of water to a boil; add a dash of salt. Using olive oiled hands, form dough into 12 1-inch balls.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>190</b>
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	60 mg
Sodium	330 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	10 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

3. Drop the balls one at a time into the boiling water.

Reduce heat and simmer for 30 minutes.

To Make Soup: 1. While matzo balls are simmering, make soup by adding all ingredients and bringing to a boil.

2. Reduce heat and simmer for 20 minutes.

3. To serve, spoon 2 cooked matzo balls into a bowl and ladle 1 cup of soup over them.

## Notes

Recipe cost can be reduced by substituting dried dill for fresh dill.

**Source:** Boston University. Sargent Choice Nutrition Center.Sargent Choice Blog.